



Newsletter

New Lambton Heights Infants School The Family School
 176 Lookout Road, New Lambton Heights, NSW 2305
 Phone 4957 2744 Email newlambhti-p.school@det.nsw.edu.au
www.newlambhti-p.schools.nsw.edu.au

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Wednesday 5th August 2020

Term 3 Week 3

A MESSAGE FROM MRS HUGHES

Happy Education Week 2020

The theme of Education Week this year is 'Learning Together'. We all actually had a little giggle at this as it feels like a year when we have not been together! That said, we still certainly have been learning, and doing it together – just in a different way. As matter of fact I think some of us have learnt to do things this year we never thought we would be doing.



When I reflect on this term only, we have already been learning so much in the two and half weeks we have been back.

The introduction of the Second Step program has seen teachers learning together with staff from Hunter New England Health. Now our students are learning together as we implement this new program.

On Friday we had a special visit from Kelly from Urban Hum. Stage 1 learnt so much about bees for their Project Based Learning. Now they are learning on solving a world problem – pollination and its role in food supply for humans.

Also on Friday, we raised over \$300 for the Mark Hughes Foundation. Events like this teach our students empathy and encourage giving to help others. Our Year 2 students learnt the skills needed to be good leaders and to take responsibility organising their activities. They did a fantastic job.

This week we started maths groups on a Monday. Together we are playing games and doing activities to help improve our additive strategies. Each group has a different focus. We are going to share this learning with our parents on SeeSaw in the next couple of weeks.

This week I played with Lego so I could learn with Year 2 how to build a snail that glows when we put a code in the iPad. Mrs Austin has been playing with Dashbots so Year 1 can learn to program their bots together. We love our job!

Today Mrs Dowman and 1/2D were learning some new Aboriginal languages in a special online presentation to celebrate National Aboriginal and Torres Strait Islander Children's Day. They had a ball.

The teachers and students have been busy creating a video to show how we learn together at NLHIS. We will have this ready to share by the end of Education Week.

See P&C news for details about an Education Week event for parents that is being presented by the P&C Federation.

Thank you for learning with us.

Lisa Hughes

Principal

WHAT'S HAPPENING AT THE HEIGHTS?

<i>Uniform Shop Open</i>	Every Monday
<i>Library Borrowing</i>	Every Wednesday
<i>Snack Canteen</i>	Every Friday
<i>Assembly</i>	Fridays – 15 mins for awards and birthdays. Sorry students and staff only.
<i>P&C Meeting</i>	Zoom meeting Date TBC
<i>Term 3 SDD (Pupil Free)</i>	Monday 20th July
<i>Dance to Be Fit</i>	Every Friday starting 25th July Cost \$35
<i>SRE re-commences</i>	Thursday 23rd July
<i>Beanies For Brain Cancer Bonanza</i>	Friday 31st July
<i>Education Week</i>	3rd – 7th August
<i>School Photos</i>	Tuesday 11th August Prices for packs vary
<i>Athletics Carnival</i>	Thursday 17th September TBC



At New Lambton Heights Infants School we acknowledge that we teach, learn and play together on the traditional country of the Awabakal people, who are the custodians of this land. We pay our respects to their Elders past and present.



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2021 NEW ENROLMENTS

We are currently taking details of students looking to enrol in 2021. If you know of any families who are interested in enrolling (both in area and out of area), please ask them to contact the school.



REPORTS

Semester 1 reports were sent home on Monday. If you would like to speak to your child's teacher about your child's report, please contact your teacher via the school's email, SeeSaw or phone the school. Your teacher will organise a time to speak over the phone or may set up a Zoom meeting.

SCHOOL PHOTOS

School photos will be on Tuesday 11 August. Students are to wear winter uniform. Envelopes have been sent home and need to come back on photo day.

URBAN HUM VISIT

As part of our Problem Based Learning this term Year 2 are learning about pollinators, what they require and their impact on food. Kelly from Urban Hum presented a really interesting talk to the Stage 1 students about bees. Year 2 put on their black and white thinking cap and thought of questions to ask Kelly. Her knowledge was amazing.

We will now take all that information back and think of a way we can design a garden that attracts pollinating animals. We are also going to contact the rangers at Blackbutt. If any of our parents have

some ideas or expertise in this area, we would love to hear from you.

Mrs Dowman and Mrs Hughes



Pollinating a beautiful flower.

**Pretend bees.
Doing the wobble dance.**



Real bees!





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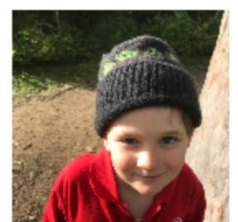
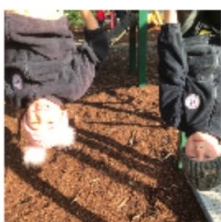
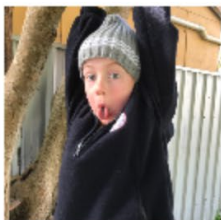


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**No Awesome awards this week, but
instead we have BEAUTIFUL BEANIES!!**

Thank you so much for your generous donations.
The P&C cupcakes were a hit and we had so
much fun participating in our Year 2 lead
activities.





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P&C NEWS

To keep up to date with P&C activities and news, please follow our Facebook page; 'New Lambton Heights Infants P & C'.

P&C ACTIVITIES

BEANIE FOR BRAIN CANCER DAY – Friday 31 July

Thank you to everyone who supported our Beanie for Brain Cancer Day, we raised over \$330 for the Mark Hughes Foundation!

NLHIS 70TH ANNIVERSARY COMMEMORATIVE COOKBOOK

2021 marks the 70th birthday of New Lambton Heights Infants School!

To celebrate and commemorate this special occasion, the P&C are publishing our very own NLHIS cookbook which will be available to purchase. We are hoping to fill it with much loved, tried and true family favourite recipes to share with each other and the wider community.

If you have a recipe that is thoroughly enjoyed in your home, we invite you to contribute it. It could be a cultural dish, or a recipe that you love to bake. Maybe it's a lunchbox hit, a favourite family dinner or a special occasion recipe that's been shared for generations.

Whatever it is, we would love to showcase it in the commemorative cookbook for other NLHI families to enjoy. When considering your recipe, please make sure it:

- Lists ingredients that are readily available
- Contains clear instructions that are easy to follow
- Is not a direct copy of an already published recipe (if you have adapted or changed a recipe that is OK).

What to do:

- Decide with your family which recipe you would like to contribute and why.
- Test the recipe out, pretending you are cooking it for the first time and checking the instructions are accurate and helpful.
- Style the finished recipe and take a fabulous photograph of it.
- Using the layout attached to the newsletter as a guide, you can either: email your recipe in word or .pdf format to nlhicookbook@gmail.com OR fill the form out drop and it into the cream P&C box near the office.

Thanks everyone and happy cooking!



ENTERTAINMENT BOOK

Thank you to those families who have already purchased their Entertainment Books!

Entertainment Memberships can start anytime and are packed with thousands of substantial savings on dining, travel and fun family activities. The digital membership is easy to download to start using instantly. New offers are added weekly for ongoing value all year round.
<https://www.entertainmentbook.com.au/orderbooks/342j57>



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P&C SERVICES

FRIDAY SNACK CANTEEN

We are looking for a volunteer to keep our canteen stocked. If you are able to assist please contact the P&C on nlhipandc@gmail.com

Canteen is held between 12.45pm and 1.10pm. Please make sure you can set up at 12.30pm ready for the rush!

Also, at the conclusion of canteen, please ensure that you restock ready for next week to make it easier for next week's volunteers.

If you can't make your rostered day please arrange a swap with someone and notify nlhipandc@gmail.com. If you are unable to find a replacement, please advise Kate via the P&C so that a substitute can be organised. If you have any queries, you can contact the P&C on nlhipand@gmail.com

If you would like to fill any of the shifts for next term please visit our signup page:
<https://signup.com/go/zNrQPTth>

Term 3 Roster

Friday 7 August	Megan Knott & Andrea Stig
Friday 14 August	Marion & Emily Maksimovic
Friday 21 August	Katie Draper & Kate Bone
Friday 28 August	Janette Collins & Megan Collins
Friday 4 September	Janette Collins & Kate Murphy
Friday 11 September	Megan Knott & Janette Collins
Friday 18 September	Katie Draper & Talisa Thiering
Friday 25 September	Vimbayinesu Timba & Kate Bone

UNIFORM SHOP

We are still looking for two volunteers to assist in the Uniform Shop and get trained up for when our current volunteers move on next year. If you are available or have any questions, email the P&C.

You can order your uniforms online at our Square Shop <https://new-lambton-heights-infants-school-pc-association.square.site/>

There is a wide range of second-hand uniforms for the sale in the Uniform Shop. Please email or phone to make an appointment.

Please email any other Uniform Shop enquiries that you may have to the P&C Uniform Shop email or P&C email. Sue and Shehr are coming in each Monday to process orders. They will be given to your child to bring home.

nlhiuniform@gmail.com

SPECIAL EDUCATION WEEK EVENT BROUGHT TO YOU BY THE P&C FEDERATION

Technology for parents and carers

Presented by the Federation of Parents and Citizens Association of NSW (the P&C) in partnership with the NSW Department of Education's Rural & Distance Education team, this one-hour Zoom webinar at 7pm on Thursday 6 August has been specially created to give parents and carers a working understanding of the technology most commonly used in NSW public schools.

Click here for more information:

<https://education.nsw.gov.au/public-schools/education-week/technology-for-parents-and-carers>



CANTEEN SET UP

- Volunteers to sanitise hands as they arrive and keep a bottle of gel at the tables with you (school will provide).
- **You will need to now sign a visitor acknowledgment form. Please see the office.**
- Ensure distancing is happening when you are in the library getting items ready and packing up.
- Wipe over tables with antibacterial wipes (school will provide).
- Two tables to be set up in front of stage to allow for distancing between volunteers, please see photo for set up.
- Please fill up all 4 plastic containers with chips and snacks plus a box with spares to fill up if required.
- Pre-cut approx.. 20 ice blocks ready to serve.
- Please let children take their chosen items so you handle money only during canteen.
- Please use gloves provided while handling money. If you touch anything else please be sure to change gloves.
- Teachers will mark a line to make sure there is distance between the students and volunteers.





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Weekly Wellbeing

Today the staff reflected on our Wellbeing practices in the school. Next week we are going to develop what we believe are our shared beliefs around wellbeing at NLHIS.

The NSW Department of Education describes wellbeing in the following way:

In very broad terms, wellbeing can be described as the quality of a person's life. Wellbeing needs to be considered in relation to how we feel and function across several areas, including our cognitive, emotional, social, physical and spiritual wellbeing. Wellbeing in schools is for all students. A focus on wellbeing goes beyond just welfare needs of a few individual students and aims for all students to be healthy, happy, successful and productive individuals who are active and positive contributors to the school and society in which they live.

We are keen to see what we come up with and will be sharing this later in the year with our community.

GOT-IT and Second Step

This week all three grades are learning how to **FOCUS OUR ATTENTION**.

This involves listening with our whole body and blocking out all the distractions around us. A great little tool Kindergarten and Year 1 learnt about is an "attentiscope". This involves cupping our hands around our eyes and only looking at the person talking. If we focus our attention we can show Respect and do our Personal Best when doing our work.



HIKING AROUND THE HEIGHTS

Can you guess where we walked to this week? If you know come and see Mrs Hughes.





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The 4th of August was National Aboriginal and Torres Strait Islander Children's Day. Last term, Year 1 and 2 read stories of how an Aboriginal family used waterlilies as a food source. Do you ever eat native bush tucker foods as part of your family's meals? Maybe it's time to try some.



Good for Kids good for life

BUSH TUCKER FRUIT AND VEG

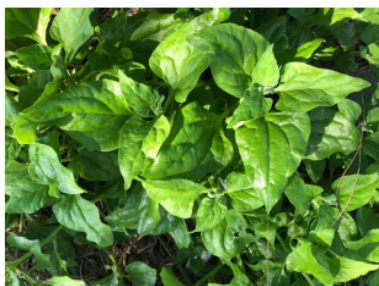
There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



LILLY PILLY

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.



WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



New Lambton Heights Infants 70 YEARS COOKBOOK

Family:

When you attended NLHIS:

Contact Details:

Recipe Name:

Why is this recipe special to your family?

Ingredients:

Method:

CHECKLIST: HAVE YOU...

- ☐ Filled out all parts of the form?
- ☐ Tested your recipe?
- ☐ Checked your instructions are clear?
- ☐ Taken a photograph & attached it?